

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



1.182  
A2 R11  
June 21, 1943  
cop. 1

A

USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, June 21, 1943, over stations associated with the Blue Network.

--00--

ANNCR: In Washington, here are.....

KADDERLY: Wallace Kadderly, with a report on livestock feed.

VAN DEMAN: And Ruth Van Deman, with a word for the women who worry just a little bit because friend Husband or Son John or Daughter Sue doesn't get any hot food in the lunch she or he carries to work.

You can stop worrying if you take care to put up the right kind of a cold lunch. It can be just as nutritious as a hot lunch if it contains the right foods. And what are the right foods?

Well, sandwiches of course...filled with meat or cheese if you have those foods -- or with peanut butter or baked beans. I know a man who turned up his nose at the idea of a bean sandwich but licked his lips when he actually ate one. We should observe one caution in putting up sandwiches in hot weather. We should not use meat or egg salad mixtures unless the sandwich will be kept cold until it's eaten. The salad mixtures are just what bacteria want...the bacteria that cause food poisoning. In sandwiches that go to a warm office or war plant, use the meat straight -- not in salads. Send a hard-boiled egg rather than an egg salad. So much for the sandwich question.

Other foods for a good cold lunch are raw carrots or raw tomato and fresh fruits and milk. These foods, plus sandwiches filled with protein foods, provide plenty of variety and make a lunch that's not only good but good for you.

Now let's hear from Wallace Kadderly.

#



